

## Fitness Bootcamp

Group exercise class that mixes traditional callisthenic and body weight exercises with interval training and strength training.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3711.1077	DPR Contractor	9/14/2015	11/16/2015	Mo	10	18yr-& Up -	06:30 PM	07:30 PM	Palisades Community Center	Palisades Multipurpose Room	

## HydroSpin

Hydrospin is the aquatic fitness class that incorporates the benefits of spinning with the resistance of the pool. Each class is taught by a certified instructor and uses state of the art Hydorrider bikes made in Italy. We join the handful of facilities in the entire country to offer these types of classes.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3995.1043	Jones Rashid	9/14/2015	10/7/2015	Mo We	8	18yr-& Up -	06:00 AM	07:00 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #2	\$160.00
3995.2043	Jones Rashid	9/14/2015	10/7/2015	Mo We	8	18yr-& Up -	12:00 PM	01:00 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #8	\$160.00
3995.3043	Jones Rashid	10/19/2015	11/16/2015	Mo We	9	18yr-& Up -	06:00 AM	07:00 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #1	\$160.00
3995.4043	Jones Rashid	10/19/2015	11/16/2015	Mo We	9	18yr-& Up -	12:00 PM	01:00 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #3	\$160.00

## Karate: Level 1

Students will learn discipline, self-confidence and will become mentally and physically stronger. The one hour, twice a week class will include stretching, basic techniques, kata (forms), power, and special self defense techniques everyone should know!

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3321.1077	DPR Volunteer	9/8/2015	11/19/2015	Tu Th	22	6yr-& Up-	06:00 PM	07:30 PM	Palisades Community Center	Palisades Multipurpose Room	
3321.1008	Emmanuel Evangeline	10/26/2015	12/17/2015	Mo Th	29	6yr-18yr-	04:15 PM	05:00 PM	Chevy Chase Community Center	Chevy Chase Lounge	\$85.00

## Karate: Level 2

Students will learn discipline, self-confidence and will become mentally and physically stronger. This advanced class will build on students' prior knowledge of marital arts.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3331.1008	Emmanuel Evangeline	10/26/2015	12/17/2015	Mo Th	29	6yr-18yr-	05:00 PM	06:00 PM	Chevy Chase Community Center	Chevy Chase Lounge	\$85.00

## Qi Gong: Advanced

Students can relieve stress and back pain while increasing flexibility and energy with this ancient Chinese art. Learn breathing techniques, visualization and graceful gentle movements that are fun and relaxing.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3551.1008	Moscalino Anne	10/27/2015	12/18/2015	Tu Fr	16	50yr-& Up -	10:00 AM	11:00 AM	Chevy Chase Community Center	Chevy Chase Multipurpose Room	\$85.00

## Strength & Conditioning

Athletes will learn to improve the fundamental attributes of an athlete's speed, quickness, strength, power, balance, coordination, flexibility, and agility. Athletes will utilize pliometrics, as well as resistance training.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3481.1111	Perritt Donald	9/14/2015	11/16/2015	Mo	10	16yr-55yr	-05:30 PM	06:30 PM	Riggs LaSalle Community Center	Riggs LaSalle Multipurpose Room 101A	

## Tai Chi: Arthritis

The practice of Tai Chi stimulates the central nervous system, helps lower blood pressure, relieves stress and strengthens the immune system.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
7591.1005	Barnes Kimball	9/18/2015	10/30/2015	Fr	7	21yr-& Up	-09:00 AM	09:40 AM	Therapeutic Recreation Center	DC TR Gymnasium	\$50.00

## Walk Fit

Looking for a great way to ease into a higher level of fitness and health? Walking is a great low-impact exercise that can help you do just that. It's one of your body's most natural forms of exercise. It's simple, safe and the health benefits are endless.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3431.1061	TBD TBD	9/14/2015	11/20/2015	Mo We Fr	30	18yr-& Up -	06:00 PM	07:30 PM	Harrison Recreation Center	Harrison	
3431.1041	Campbell Kim	9/8/2015	11/19/2015	Tu Th	22	18yr-& Up -	05:30 PM	06:30 PM	Hearst Recreation Center	Hearst Ballfield - Upper	
3431.1074	ratliff carnelle	9/14/2015	11/12/2015	Mo Fr	27	50yr-& Up -	04:30 PM	05:30 PM	Hardy Recreation Center	Hardy Tennis Court #1	
3431.2041	Campbell Kim	9/8/2015	11/19/2015	Tu Th	22	18yr-& Up -	05:00 PM	06:00 PM	Hearst Recreation Center	Hearst Ballfield - Lower (Big Field)	

## Yoga: Beginners

Classes are meant to provide relaxation with flexibility work, gentle movement, breathing exercises and meditation.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
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3571.1008	Thomas Kathleen	10/28/2015	12/16/2015	We	8	18yr-& Up	10:15 AM	11:45 AM	Chevy Chase Community Center	Chevy Chase Ballet Studio	\$85.00
3576.1042	DPR Contractor	9/8/2015	11/19/2015	Tu Th	22	45yr-90yr	10:30 AM	11:30 AM	North Michigan Park Recreation Center	North Michigan Park Multipurpose Room 1	

## Yoga: Integral

Integral Yoga creates an opportunity for integration and harmony for the individual by calming the mind and toning the entire nervous system. The typical one and a half hour session includes four aspects: a series of physical postures, deep relaxation, simple breathing exercises, and meditation.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3591.2022	Sturm Donna	10/30/2015	12/18/2015	Fr	8	18yr-& Up	09:15 AM	10:45 AM	Guy Mason Recreation Center	Guy Mason Acitvity Rm 1b (Lounge)	\$100.00
3591.1022	Sturm Donna	10/27/2015	12/15/2015	Tu	8	18yr-& Up	09:15 AM	10:45 AM	Guy Mason Recreation Center	Guy Mason Activity Rm 3 (Auditorium)	\$100.00

## Zumba

Zumba is a Latin-inspired dance fitness program involving dance and aerobic elements.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3611.2039	DPR Contractor	9/14/2015	11/18/2015	Mo We	20	18yr-& Up	06:30 PM	07:30 PM	Fort Stanton	Fort Stanton Gym	